



Protein for Vegans & Vegetarians

Many people who are interested in a vegetarian diet are concerned about getting enough protein. It is usually easy for a vegan or vegetarian to meet protein recommendations as long as calorie intake is adequate and a variety of foods are eaten, including beans, nuts, grains, seeds, and vegetables.

Here's an example of how easy it is to get enough protein from a vegan diet:

<p><u>Breakfast:</u></p> <p>2 slices wheat toast = 8 g</p> <p>2 Tbsps peanut butter = 8 g</p>	<p><u>Lunch:</u></p> <p>6 ounces soy yogurt = 5 g</p> <p>2 Tbsps almonds = 6 g</p> <p>1 medium baked potato = 3 g</p>
<p><u>Dinner:</u></p> <p>1 cup cooked lentils = 18 g</p> <p>1 cup cooked brown rice = 6 g</p> <p>1 cup cooked broccoli = 4 g</p>	<p><u>Snack:</u></p> <p>1 cup soymilk = 7 g</p>

TOTAL: 65 grams of protein

Protein Recommendation for Female Vegan = 52 g (for 126 lb female)

Protein Recommendation for Male Vegan = 63 g (for 154 lb male)

*Additional foods should be added to this menu to provide adequate calories and to meet requirements for other nutrients.

* When we make a few adjustments to the Recommended Dietary Allowance (RDA) for protein for adults to account for some plant proteins being digested somewhat differently from animal proteins, we arrive at a recommendation for adults of 0.41 grams of protein for each pound of body weight. This is how we find a recommended 52 grams of protein for a 126 pound vegan female and 63 grams of protein for a 154 pound vegan male.

Getting enough protein is simple as a vegetarian or vegan. Here are some more vegan sources of protein along with their protein values:

- 1 cup tofu = 20 grams
- 1 cup cooked black beans = 15 grams
- 1 veggie burger = 11 grams
- 1 large potato = 8 grams
- 1 cup cooked quinoa = 8 grams
- 1 cup cooked oatmeal = 6 grams
- 1 cup cooked bulgur = 6 grams

(As a comparison, 1 hot dog = 5 - 10 grams of protein, depending on size)

For more information visit: www.vrg.org

Adapted from *Simply Vegan* by Debra Wasserman and Reed Mangels, Ph.D., R.D.

The contents of this website and our other publications, including *The Vegetarian Journal*, are not intended to provide personal medical advice. Medical advice should be obtained from a qualified health professional.